Enhance and sustain human performance

**EVERY AIRMAN A FORCE MULTIPLIER** 

Vol. 30, No. 6 - Friday, March 24, 2006 - Brooks City-Base, TX

for dominant air and space power

## **AFMC** requires 'free hands' while driving with cell phones

Air Force Materiel Command News Service

Beginning in April, drivers on Air Force Materiel Command bases will be cited by security forces personnel for talking on cell phones without hands-free devices. Repeated violations could result in suspended or revoked driving privileges.

Although the policy cannot be enforce on Brooks City-Base because the facility is not government owned, drivers at Brooks are still encouraged to follow the cell phone guidelines for safety purposes.

"It is unsafe to drive while you are distracted at all," said Steve Sinatra, safety chief for the 311th Human Systems Wing. "Anything that is distracting you from driving makes your mishap chances a lot greater."

Safe driving, particularly driving at the posted speed limits, has been heavily encouraged by base leadership. According to officials at the Brooks Development Authority, drivers who are violating Brooks' speed limits can have their base driving privileges revoked.

Those driving on other Air Force installations around the country who do not abide by the cell phone usage policy could be ticketed, as cell phone use while driving is categorized as a moving violation in Air Force Instruction. Implementation of the policy to prohibit use of cell phones while driving on AFMC bases will begin following an awareness campaign for AFMC's work force.

AFMC officials and the American Federation of Government Employees Council 214 entered into a Memorandum of Agreement March 8. The agreement covers the majority of union-represented employees within the command. However, a few AFMC installations are still working to meet bargaining obligations with local unions unaffiliated with AFGE Council 214.

Restrictions/Page 3

## Uniformed Services benefit from **USAFSAM's flight nurse course**



Photo by Rudy Purificato

Students enrolled in the U.S. Air Force School of Aerospace Medicine's flight nurse/aeromedical evacuation course learn to secure litters aboard a C-130. The course is unique, in that it includes different branches of service in a joint training environment.

#### By Rudy Purificato

311th Human Systems Wing

They represent the changing face of military training, medical professionals such as U.S. Public Health Service officer Charles McGee and Navy Lieutenant Shawn Passons, who have come here as part of a U.S. Air Force School of Aerospace Medicine initiative.

Together with classmates from the Air Force and an Army nurse assigned to The White House, they learn within a joint training environment the skills and knowledge required of flight nurses and aeromedical evacuation technicians. They're at Brooks City-Base because they know that this training course is not only consider by many as being the best in the nation, it's also one-of-a-kind.

"The Navy doesn't have a course like this for flight nurses. Flight surgeons (only) receive flight medicine training at the Naval Air Station in Pensacola, Fla.," said Navy Lieutenant Chris Cesa, a 34-yearold flight nurse from Cherry Hill, N.J. The expanding role of Navy medicine since the Sept. 11, 2001, terrorist attacks has prompted participation in the USAFSAM course, he said.

"Prior to 9-11, the Navy was creating its own (flight nurse) course, but after 9-11 there was no funding for it. That's why we're here," said USPHS Lieutenant Commander Steve Morin, a 30-year-old flight nurse from Auburn, Maine.

USPHS's expanding role in aeromedical evacuation supporting hurricane and tsunami humanitarian relief operations has led to an increasing number of its flight nurses participating in Air Force medical evacuation training here.

"About 280 students per year come through this course, which is 21 duty days. They learn about the stresses of flight and its impact on patients," said Capt. Jared Mort, USAFSAM flight nurse/aeromedical evacuation course instructor.

Besides altitude physiology, Captain Mort said, course participants also learn about fixed wing aircraft capabilities with respect to aeromedical evacuation. This includes knowing about various airframes and aircraft systems such as oxygen and electrical power supply.

"They learn to configure litters for C-130s and learn to operate aeromedical evacuation equipment. It's practical hands-on training," Captain Mort said.

So practical is this course, originally designed in the 1940s for U.S. Army Air Corps nurses, that non-Air Force flight nurses and aeromedical evacuation personnel are adapting the training to fulfill specific service-related requirements.

"The Navy has only three active duty flight nurses," said Navy Lieutenant Passons, who is attending the course to prepare her for an assignment on the Indian Ocean island of Diego Garcia.

Joint training course/Page 3



Brooks youth wins hoop contest — Page 10



USAFSAM doctor provides relief — Page 10



Hoopsters ready for tourney — Page 18





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## 10 tips to help prepare for a PCS

By Capt. Michael Felson

Brooks Legal Office

You finally have your orders and are ready to prepare to PCS. There are a million things you need to accomplish before you drive out the gate for the last time. Preparing to ship your household goods is probably at the bottom of your list. However, proper planning before your move can save you time, money, and prevent stress. Here are 10 simple tips to help with the move. Following these tips might save you a few heartaches in the months ahead.

- 1. Video tape your property prior to the carrier coming to pack. A good audio and video description is invaluable if your property should be destroyed or lost. If you do not have a video camera, then take photos. If possible, show electronic and mechanical items in operation to verify the condition prior to shipment. Take the tape with you. Do not put it in your household good shipment.
- 2. Jewelry and other high value items should not be shipped. Examples of other high value items are coins, stamp collections, sport cards and crystal animals.
- 3. If you decide high value items are to be shipped, they absolutely must be listed on the pickup inventory. In addition, you must be able to substantiate what you owned and its preshipment value.
- 4. Before the move, prepare your own personal inventory and gather substantiation of your major items (original purchase receipts, charge card receipts, preshipment appraisals for electronic equipment, art objects or paintings). Keep this information separate from your household goods.

- 5. The preparation of the pickup inventory is the most crucial step in the moving process. You simply must control the packing and inventorying of your household goods.
- 6. Watch the carrier employee who fills out your inventory to make sure he or she describes the condition of your property correctly. If you disagree, document the specific reason for your disagreement at the bottom of each inventory page.
- 7. The most common complaint by members is that there were a lot of packers, and it was too hard to watch everything. Nevertheless, you or your agent must understand that you have to exercise some control and authority. If totally overwhelmed, call the Travel Management Office and complain.
- 8. If you, the member, cannot be present at the time of packing and pickup, make sure your spouse or agent knows what to do and arrange for help if necessary.
- 9. Make sure the packers write adequate descriptions of the contents on the boxes themselves, and later on the pickup inventory. Every item does not have to be listed, but the general category of the contents should be on the outside of each box. After the box is sealed, put your initials on the box.
- 10. Make sure items that would not logically be packed in certain boxes are specifically listed. Examples: lamp packed in a box marked garage, or a TV in a bedroom packed with clothing.

Remember, it is your move and you are in charge of it. Protect yourself by ensuring that the quantity, quality, and condition of your property is accurately reflected on the inventories and by any other means available, BE-FORE the goods leave your control.

## Managing stress important to wellness

**HEALTH AND** 

WELLNESS CENTER

**Stress Management Class** 

April 18 3 to 4 p.m.

536-4292

By Kendahl Johnson

Discovery editor

Although they deny it, I imagine the good folks at the Health and Wellness Center are getting tired of seeing me. I am always poking around their offices, disturbing their work day while looking for motivation and education that will help me in my effort to lose weight. During my most recent visit to the HAWC, I was reminded that although my efforts are focused on physical wellness, I shouldn't neglect the other areas.

When Brig. Gen. William Germann, the Command Surgeon of the Air Force Materiel Command, visited Brooks City-Base in February to present a briefing on the AFMC Wellness and Safety Campaign Plan, he emphasized the importance of all four levels of personal wellness – physical, emotional, social and spiritual levels.

My number one priority is improving my physical wellness, specifically losing weight, but have I been neglecting the other three areas in the process? I decided to take some time this week to work on the emotional level – specifically managing my stress.

Diana Gonzales, the HAWC's registered nurse who works primarily with civilians, teaches a stress management class each month. I sat down with Ms. Gonzales for a one-on-one stress management consultation.

First, she taught me there is "good" stress and there is "bad" stress. So having stress isn't necessarily bad and can in fact inspire one to meet life's demands. It is how stress is managed that makes the difference in overall wellness.

"The most important thing about stress is the way it's handled and managed," Ms. Gonzales said. "You can't completely eliminate stress, so it's important to learn techniques for dealing with it so it doesn't affect your health."

Stress often results in built-up tension which can affect a person both physically and psychologically. I thought of the HAWC's massage chairs as a great way to relieve muscle tension. The center has three massage chairs that do wonders to help relieve built up tension. They also have a licensed masseuse, Sherman Lennon, available for massages. I have never taken advantage of Mr. Lennon's affordable massages (his fees

are based on your rank or grade level), but he comes highly recommended by several people, including Ms. Gonzales. "He is awesome. I get a massage once a week. It may be awkward for some people, but once you get that first massage, you are hooked," she said.

Mr. Lennon said although the massage is still trying to overcome the stigma of being "sexual," people are starting to recognize the positive effects of a massage. "Massage therapy can be a positive addition to any stress management program," Mr. Lennon said. "It is excel-

lent for relief from pain, sore and tight muscles, tension-related headaches and the stress and strain of daily life. Everyone can benefit from massage therapy." (To make an appointment or if you have questions, call 724-3720.)

Ms. Gonzales offered ways to relieve stress other than a full-body massage. "You need to take time out of your week to do the things you love,"

she said. "You will be no good to your boss, your children or your (spouse) if you don't take care of yourself." She said in order to manage stress, there MUST be a way to relieve built-up tension – whether it be exercise, watching a movie, reading or book or whatever helps relieve tension.

Ms. Gonzales also offered suggestions to avoid some sources of stress. We discussed stress triggers (i.e. money, strained relationships, death) and the resulting symptoms (i.e. anger, sleep problems, depression). Ms. Gonzales spoke in depth about relaxation techniques and how learning to relax will help alleviate stress. And although each person needs to find the stress relievers that work best for them, we discussed the three most effective ways to relieve stress – exercise, sleep and diet. Ms. Gonzales shared many insightful tips on managing stress.

Effective stress management can improve overall wellness immensely. Although the questionnaire I filled out at the beginning of course indicated my stress levels aren't too high, I gained valuable knowledge that can be applied now or banked for the future when needed most. I highly recommend investing an hour and taking advantage of the HAWC's excellent resources by attending the stress management class. The next class is April 18th at 3 p.m. And now that my stress is reduced, I can go back to losing the weight!



## Joint training course considered 'one of a kind'

Continued from page 1

"There are two (Navy) flight nurses assigned there," she said of the British owned territory that the U.S. government leases as a staging area for military forces in the region.

"The closest medical facility is in Singapore, which is a five-hour flight from Diego Garcia," said Lieutenant Passons, a former Army explosive ordnance specialist who grew up on the Eastern Shoshone reservation at Fort Washakie, Wyo.

Lieutenant Cesa says the USAFSAM course is important in that it's helping advance a trend within the Department of Defense toward aeromedical evacuation standardization. "We're learning to talk the same lingo and practicing the same (aeromedical) procedures using the same equipment," Lieutenant Cesa said.

This is especially important to the Navy where few medical professionals have been trained in aeromedical evacuation. Historically, flight surgeons and ship's nurses have been used as 'medical attendants' aboard medevac (medical evacuation) flights that transport primarily non-combat casualty patients.

Lieutenant Cesa said the course here is critically important to everyone involved in aeromedical evacuation during the post 9/11 era. He's attending it in preparation for his assignment at the Global Patient Movement Requirements Center at Scott AFB, Ill.

The USPHS flight nurses are attending the course to support mission requirements of the 6,000-plus member service that comes under the auspices of U.S. Surgeon General Richard Carmona. This uniformed service was originally created by President John Adams on July 16, 1798



Staff Sgt. LaKeatta Tonge (center), an aeromedical evacuation technician at the U.S. Air Force School of Aerospace Medicine, explains electrical power equipment aboard a C-141 as part of the school's flight nursing/aeromedical evacuation training.

with immigration.

"The Bureau of Immigration Custom Enforcement, formerly the Immigration & Naturalization Service, charters flights for non-native residents who are being deported," Lieutenant Commander Morin said. He explained that a USPHS flight nurse is required on these flights to administer medications.

"They are ambulatory patients," said Lieutenant McGee, 38, a Rochester, N.Y., native who previously served in the Air Force. The detainees who he and Commander Morin process always require flight nurse escorts, especially those that suffer from psychosis.

"We escort them on flights to ensure their safe passage without incident," says Commander Morin, referring to what

to handle public health issues associated USPHS calls non-scheduled flights to places other than Mexico, such as Pakistan, Cambodia and China.

> The USPHS Division of Immigration Health Service operates about a dozen detention centers stateside. From there, many detainees are deported via charter flight. "We average about 200 people per flight," said Commander Morin, noting that the detention center at Florence, Ariz. where he is assigned, processed 20,000 illegal immigrants in 2005. The influx of alien immigration has brought with it a variety of communicable diseases.

> "We've seen a huge increase in tuberculosis cases among the detainees," Commander Morin said, noting other medical emergencies run the gamut from diabetes and cardiac problems to detainee injuries sustained in beatings from smugglers called 'coyotes.'

## Restrictions placed on cell phone use

Continued from page 1

Security forces officials at Headquarters AFMC encourage motorists to pull over safely and park their vehicles prior to talking on a cell phone.

"If you receive a phone call or you need to make a call, pull over to the side of the road so that you minimize the risk of injury, it is the safest thing you can do," said Mr. Sinatra.

Motorists should note that although hands-free listening devices are permitted for cell phones, the instruction prohibits the use of other portable headphones, earphones or other listening devices while operating a motor vehicle. Use of those devices impairs driving and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles, and human speech.

"Driving is the most mundane thing we do everyday and we tend to forget how dangerous it is," said Mr. Sinatra. "It is my belief that people should not do anything distracting while driving."

The Department of Defense recently published changes to the Code of Federal Regulations, or CFR, that prohibit using cell phones while driving on DoD installations unless they are hands-free devices. The changes are posted in the new DoD Joint Traffic Guidance.



## Air Force Aid assists Airmen and their families in times of need

By Elizabeth Castillo

Discovery Wrtiter

After Hurricane Katrina ripped through the South leaving people homeless and cities in ruin, rebuilding efforts are

ongoing with the help of numerous people and charitable organizations.

Airman 1st Class Samantha Hernandez was only two weeks into her assigned station at Keesler Air Force Base in Biloxi, Miss., when Hurricane Katrina made landfall. Air-

man Hernandez and fellow students were ing, Airman Hernandez and four other Airsheltered in Keesler's school house for three days as the hurricane made its way through the base.

After the hurricane passed, the students were instructed to go back to the dorms and collect their belongings. "We had to pack up in the dark," Airman Hernandez said. "We couldn't see anything so we basically had to feel around for our stuff and grab what we could."

The evacuees were then sent to Sheppard Air Force Base, Texas, for two weeks where they were able to purchase necessities that they had left behind at Keesler. "All I had was my uniform, I didn't have any civilian clothes at all," Airman Hernandez said.

Airman Hernandez was then sent to Brooks where she and arriving Airmen attended a first-term Airman's briefing.

During this briefing, the Airmen were told about facilities, programs and services provided at Brooks. One service in particular was extremely important to Airman Hernandez and her situation.

> "I had just gotten here so I didn't even have money to get toilet-

ries." said Airman Hernandez. "I found out through the first term Airman's briefing that the Family Support Center was helping anybody who had been affected by Hurricane Katrina."

After hearing the briefmen went to the Family Support Center and asked for help. In turn, the Family Support Center called the Air Force Aid Society and was able to give each Airman a \$250 check the very same day.

"We were awfully happy about that, that same day we went and cashed our checks and went to the store and bought whatever we needed," Airman Hernandez said. "We were really grateful for that."

The check was provided by the Air Force Aid Society, which receives money from such organizations as the Air Force Assistance Fund. The AFAF, which holds annual fundraisers to help raise money in support of Air Force Aid and other charitable organizations, is currently holding fundraisers throughout Brooks. This year's goal is 100 percent contact with



Photo by Tech. Sgt. Alfonso Ramirez Jr.

Volunteers to the Air Force Assistance Fund sell breakfast burritos as part of the AFAF fundraising kickoff breakfast. Brooks will have several additional fundraising events through the remainder of the AFAF campaign, including a 3-point shootout, a car wash, a bench press competition and a mini-track and field tournament.

more than 50 percent participation. This year's monetary goal for Brooks is to raise \$22,843.

On Tuesday, the AFAF is holding a base car wash from 1 to 4 p.m. at the base car wash for a minimum donation of \$5. A bench press competition will be held the following day from 1:30 to 4 p.m. with an entry fee of \$5 and "a penny a pound" pledges.

On April 7, Brooks personnel are invited to "Go for the gold" in the mini-track and field tournament that will be held at the base gym and track. Events that will be held are the 100-meter dash, 400-meter dash, a relay race and more.

These and other fundraisers will help with all organizations to which the AFAF affects, including the Air Force Aid that helped those Airmen evacuated due to Hurricane Katrina.

"I'm grateful for their help and all they did for us on such short notice," Airman Hernandez said.





## **BROOKS BRIEFS**



#### **National Women's History month**

In honor of National Women's History Month, Lt. Col. (ret.) Olga Custodio will be the guest speaker at the Speaker's Luncheon Thursday at 11:30 a.m. in the Brooks Club. And there's still time to stop by the library and complete the Women's History Month Quiz and win a prize by answering questions about famous women.

Women's History Month provides our country the privilege of honoring the countless contributions that American women have made throughout our history. This year's theme is "Women: Builders of Communities and Dreams."

#### Educational awards available

The Brooks Heritage Foundation is presenting three educational awards to eligible applicants — a \$1,000 award to a graduating high school senior and two \$250 awards to student aides employed at Brooks. Applications are available in the foundation's office in the museum annex. Email bhf@satx.rr.com for more information. The application deadline is May 1.

#### **Summer Day Camp**

Registration for Summer Day Camp starts April 3. Active duty members only can register April 3-21. All others can register starting April 24 including military who have not yet registered. Camp starts May 26 and is held Monday through Friday from 6:45 a.m. to 5 p.m. Fees are determined by total household income. Breakfast, lunch and a snack are included in the fee. Field trips, computer time, outdoor play, arts and crafts, cooking activi-

ties and leisure time make up the camp day. For more information, contact the Youth Programs Center at 536-2515.

#### **National Library Week**

National Library Week will be observed April 2-8. The base library is celebrating with Story Hour April 5 at 10:30 a.m. for children ages 2-5. Parents are encouraged to bring their children to listen to their favorite stories.

Base personnel are also invited to join the library staff for an open house April 6. Refreshments will be served at 11:30 a.m. Customers who sign-up for a library card that day will be eligible for a door prize drawing.

National Library Week was first sponsored in 1958 and is a national observance sponsored by the American Library Association and libraries across the country each April. It is a time to celebrate the contributions of our nation's libraries and librarians and to promote library use and support.

#### **Retreat Ceremony**

Brooks personnel are invited to attend the quarterly retreat ceremony, performed by the members of the Air Force Institute of Operational Health. The ceremony will take place April 6 at 4 p.m. at the base flag in front of Bldg. 150.

#### **Student Mentoring Program**

The Student Mentoring Program for 2005-06 school year is on-going. Brooks City-Base supports the schools and organizations in the surrounding area by providing mentors for students. Brooks personnel are invited to volunteer. Questions regarding the program can be directed to Rita Lassiter, Brooks City-Base mentor program coordinator, at 536-6379.

#### **Annual Easter Egg hunt**

Get ready to hear the thumpty thump of the Easter Bunny as he makes his appearance at the Annual Easter Egg Hunt April 15. The hunt begins 2 p.m. sharp on the playground adjacent to the Youth Program Center.

Photos can be taken with the Easter Bunny for \$6. Concessions will be sold at the event. Stop by the center and pick-up your Easter coloring contest sheet. Completed sheets should be returned to the center by April 13.

#### **Brooks TOP 3**

Brooks TOP 3 meets the third Wednesday of every month at 3 p.m. in the Brooks Club. The TOP 3 is open to all members grade E7 through E9 and all master sergeant selects.

#### Air Force Sergeant's Association

The Air Force Sergeant's Association meets the second Tuesday every month at 3 p.m. at Sidney's. AFSA membership is open to all Air Force enlisted members.

#### **Catfish Buffet**

Make plans to enjoy the Catfish Buffet with all the trimmings. Bring the entire family March 31 and April 14 from 4 to 6 pm. It is free to current club members and \$5 for non-members

#### **Game Night**

Brooks personnel are invited to participate in the first-ever Game Night. The event is April 7 from 7 to 10 p.m. in the Brooks Club. Call 536-3872 for more details.

#### After School Program

The Youth Program Center's After School Program is conducted Monday through Friday from 3 to 5 p.m. Drop-in spaces are available. Homework assistance, computer time, outdoor play, cooking activities and arts and crafts are offered to children. Fees are set on the total household income. Call the Youth Programs Center at 536-2515 for more information or to register.

#### Pneumococcal vaccine

If you are over the age of 65 years or have a chronic medical condition, and have not had the Pneumococcal vaccination in the past five years, please ask your doctor if you are eligible for this vaccine. More people suffer from complications of Pneumococcal pneumonia than any other vaccine-preventable disease. The Pneumococcal vaccination has been proven to substantially reduce severe pneumococcal pneumonia and other pneumococcal infections. For those eligible, the Pneumococcal vaccine is fully covered under healthcare benefits.

#### Federal elections

This year, U.S. citizens will elect 34 senators, the entire House of Representatives, 37 state governors and hundreds of state and local officials. Primaries begin this month and the general election is Nov. 7. To participate in home states' elections, service members need to complete a Federal Post Card application requesting an absentee ballot in time for local election offices to mail the ballot to the citizen and then for the ballot to be returned before the state's deadline. Applications can be accessed on the Federal Voting Assistance Program's website at www.fvap.gov.







ERIC STEPHENS 311th Human Systems Wing director

## ACTION LINE

## 536-2222

The DIRECTOR'S ACTION LINE is your opportunity to make Brooks a better place to live, work and play.

If you have a suggestion for improvement, a complaint or a problem that you have not been able to resolve through normal complaint channels or the chain of command, call the **DIRECTOR'S ACTION LINE, 536-2222**.

Only items of general interest will be published, so please leave your name and number for a personal response.

#### The base agencies listed below can be contacted directly:

Brooks City-Base Security	536-2851	Military Personnel	536-1845
311th Communications Squadron	536-6571	Civilian Personnel	536-3353
311th Mission Support Group —		Military Pay	536-5778
Logistics Division	536-3541	Civilian Pay	536-8370
Safety	536-2111	Inspector General (FWA)	536-2358
BDA Housing Community Maintenance	533-5900	Military Equal Opportunity	536-2584
BDA Housing Community Office	533-5905	EEO Complaints	536-3702
311th Services Division	536-2545	Brooks City-Base AF Project Office	536-3655
59th Medical Squadron (Clinic)	536-4715	Brooks Development Authority	536-5366

## 2005 FOURTH QUARTER REENLISTMENTS

Senior Master Sgt. Karl Joseph – 311 HSW
Senior Master Sgt. Christopher Rose – 68th IOS
Master Sgt. Ernestine Filey – AFRL
Master Sgt. Austin Peoples – 311 MSG
Tech. Sgt. Anna Duffner – USAFSAM
Tech. Sgt. Bridgette Hopkins – AFRL
Tech. Sgt. Lewis Jones – 68th IOS
Staff Sgt. Patrick Chernay – AFIOH
Staff Sgt. Derick Green – USAFSAM
Staff Sgt. Joseph Guerrero – USAFSAM
Staff Sgt. Nathaniel Herron – 68th IOS

Staff Sgt. Christopher Hoopes – USAFSAM Staff Sgt. Christopher Hughes – USAFSAM Staff Sgt. Tammy Kealey – 68th IOS Staff Sgt. Luz Ortiz – AFIOH Staff Sgt. Ricardo Ramos – 311 MSG Staff Sgt. Richard Rowan – 311 MSG Staff Sgt. Katrice Shields – HSG Staff Sgt. Erica Williams – 311 MSG Senior Airman Antonia Cruz – AFIOH Senior Airman Erinne Donaldson – 311 MSG Senior Airman Greg De La Rosa – AFIOH

#### FAMILY SUPPORT CENTER

#### RED CROSS BABYSITTING TRAINING

April 8 — 9 a.m. - 4 p.m., Bldg. 537

Designed for boys and girls, ages 11 through 15, this course teaches babysitters how to perform first aid, summon advanced medical help quickly, identify common safety hazards and prevent injuries, make responsible decisions when supervising children, choose safe and age-appropriate toys and games, perform basic care routines such as diapering, feeding and dressing, prepare simple meals and snacks, handle bedtime issues and find and interview for babysitting jobs. Children will receive certificate of completion. The cost of the training course is \$40.

#### COLLEGE FINANCIAL PLANNING WITH 529 PLAN

April 14 — 11 a.m. - 1 p.m., Bldg. 537

Section 529 provides for a qualified tuition program that offers special benefits for those who wish to provide funds for a child's college education. One of the two types of plans under this program is the Prepaid Education Services Account. This account purchases tuition credits or certificates at today's current tuition rates for use in the future and can be state sponsored or sponsored by a private institution. The other type of plan is the Education Savings Account where contributions are established for meeting higher education expenses and is only state sponsored. Come to class and learn all the details to start funding your child's education NOW!

#### SPONSOR TRAINING

Mondays — 1 - 1:30 p.m., Bldg. 537

Sponsor training is mandatory of all first-time sponsors and those who have not sponsored within the past year. However, others are more than welcome to attend. Learn about tools and resources available for sponsors.

#### SPACE CAMP SCHOLARSHIP

The Military Child Education Coalition is taking applications or the 2006 Bernard Curtis Brown II Memorial Scholarship. Space Camp is a five-day program that shows youngsters firsthand what it

takes to be an astronaut. To be eligible, applicants must be a child of an active duty military parent or activated guard or reservist, be enrolled in grades six through nine, submit hand-written essay stating why he or she should be selected, submit two letters of recommendation with contact information and complete and submit the application by deadline. For more information, visit website at www.MilitaryChild.org.

#### EMPLOYEE ASSISTANCE PROGRAM

This program is a free benefit provided to civilians and their spouses and dependent children. Services can be accessed by calling 1-800-222-0364. The EAP offers short term counseling/problem resolution either by telephone or via face to face counseling with a therapist in private practice in the San Antonio area, referrals to community resources, legal and financial services, a website resources offered at www.FOH4you.com, consultations, Critical Incident Stress Management services, and health and wellness presentations. Confidentiality is the cornerstone of the EAP. Counselors are ethically and legally bound by law to protect client information (except in cases where one is threatening to harm themselves or someone else).

#### AIR FORCE ONESOURCE

The Air Force Onesource program, provided in partnership with Family Support Centers and other agencies, is designed to help active duty members and their family members cope with life's little and not so little issues, 24 hours a day, 365 days a year. Master's level consultants are available to speak with you, ALL calls will be answered live. The website, *www.airforceonesource.com*, provides information on numerous items of interest and utilizes a key word search engine. One can access informative articles, helpful tools, and audio tips on hundreds of topics. The toll free number is 1-800-707-5784.

To register for a class, call 536-2444



## Foreign comparative testing at Brooks supports AF program

**By Rudy Purificato** 

311th Human Systems Wing

Saving American lives and money is at the root of the Air Force Foreign Comparative Testing Program that Brooks City-Base organizations have leveraged for years as part of an initiative to provide warfighters the most effective technology needed for them to succeed on the battlefield.

The Human Systems Group and the Air Force Research Laboratory have been among Brooks supporters of the FCT program since its inception in 1980. For the past 25 years, the FCT program has funded 528 projects valued at \$932 million, said John Andreadakis, Air Force FCT program manager.

These projects have accounted for U.S. procurements of foreign military hardware that exceeds \$6.7 billion in FY 2005 dollars. Mr. Andreadakis said that \$55 million has been awarded to the Air Force over the past 20 years that has resulted in procurements totaling more than \$1 billion.

"Through the FCT program, all of the services are afforded the opportunity to leverage our allies' technologies and provide the warfighter with much needed equipment in a rapid manner," Mr. Andreadakis said.

Consequently, FCT projects have resulted from world-class foreign defense items produced by allied and other friendly countries. This program, Mr. Andreadakis noted, has helped reduce the total ownership cost of military systems, thereby cutting overall acquisition and support expenditures while enhancing standardiza-

tion and interoperability. It has also helped improve allied cross-service support and fostered international cooperation.

Since the early 1990s, AFRL's Human Effectiveness Directorate has been working with Russian ejection seat experts on adapting the K-36D seat for American fighter aircraft. This seat, first demonstrated publicly at the 1989 Paris Air Show, has saved the lives of several Russian pilots during low-altitude ejections.

"The K-36D has proven to be a better seat than the ACES II (Advanced Concept Ejection Seat) used by the Air Force," said Lt. Col. Timothy Wieck, former AFRL Crew Escape Technology (CREST) program

manager who today works for the Air Force Officer Accessions and Training School

Since the early 1990s, Air Force leaders have been working to develop a new American ejection seat by leveraging both U.S. and Russian technology. In 1993, AFRL Human Effectiveness Directorate scientists and engineers, in collaboration with the U.S. Navy's Air and Surface Warfare Centers, first evaluated the K-36D as part of the FCT program sponsored by the Office of the Secretary of Defense. The FCT program is managed by the Comparative Testing Office that is part of the Office of the Under Secre-



U.S. Air Force photo

Air Force Research Laboratory scientists from Brooks City-Base helped evaluate this Russian K-36D ejection seat during a 1993 test at Holloman Air Force Base, N.M. The test was part of the Foreign Comparative Testing Program sponsored by the Office of the Secretary of Defense.

tary of Defense for Acquisition, Technology and Logistics.

AFRL-Russian collaboration on seat modifications in the 1990s were aimed at not reinventing ejection seat technology, but rather using key features from the older K-36 models and AFRL's fourth generation ejection seat. Their work, which continues to evolve, embraces the spirit of the FCT program as a viable alternative in helping re-equip warfighters with the best possible materiel by adapting the most effective, proven technology.

In 2005, Col. (Dr.) Robert Allen, then U.S. Air Force School of Aerospace Medicine's Air Evacuation Branch chief,

applied the principles of the FCT program while modifying Air Force first aide kits.

Colonel Allen evaluated first aide kits used by other American Armed Services as well as foreign first aide gear that included Israeli Army medical equipment. He discovered that an Israeli Army splint bandage was superior to those being used by the Air Force.

It was included in Colonel Allen's recommendations for modifying Air Force first aide kits that supports the Air Force First Aid Kit Modernization Project that he helped launch in 2003 in collaboration with the Air Force Surgeon General Office's medical modernization program.



# **Brooks trio receives Diamond Sharp award**

Three Brooks individuals recently received the Diamond Sharp award — Tech. Sgt. Anita Schroeder of the 311th Communications Squadron, Tech. Sgt. Michelle Getman of the U.S. School of Aerospace Medicine and Senior Airman Carrie Brisker of the 311th Mission Support Group.

The Diamond Sharp Award is presented to individuals in the ranks of E-6 and below for outstanding dress and personal appearance and strict adherence to customs and courtesies.

Formerly, the award was given to one outstanding individual each quarter. Now, a first sergeant can issue two "cards" per month. If the card is issued outside the unit of the issuing first sergeant, the recipient will present the card to his or her own first sergeant, who has overall discretion in approving the award.

Master Sgt. Laurie Olerich of the 311th MSG recognized Airman Brisker for consistently demonstrating a positive attitude and willingness to drop everything to assist customers.

"She is my expert on the reenlistment and decoration programs at our Military Personnel Flight. I have been able to count on her for prompt service and accurate guidance each and every time I need it. Additionally, she always looks professional and sharp in her uniform. Airman Brisker is a superb personnelist," Sergeant Olerich said.

Sergeant Schroeder received the Diamond Sharp from Master Sgt. Angela Bland of the Air Force Research Laboratory.

"If there were a picture in the dictionary next to the words customer service, it would be a picture of Sergeant Schroeder. Not only did she help AFRL with some last-minute multimedia requirements, she came back from an appointment at another base at the end of the day when she didn't have to so the job would be done in a superb manner and done on time. We would have busted a higher-level suspense without her professionalism and dedication," Sergeant Bland said.

Master Sgt. Darrell Smith of USAFSAM awarded Sergeant Getman the Diamond Sharp. "Sergeant Getman epitomizes the words 'sustained performance.' Day-in, Day-out, she consistently leads from the front," he said.



Tech. Sgt. Michelle Getman USAFSAM



Tech. Sgt. Anita Schroeder 311th Communiccations Squadron



Senior Airman Carrie Brisker 311th Mission Support Group



# Brooks youth teams with NBA legend to win Spurs annual 2-ball competition

By Rudy Purificato

311th Human Systems Wing

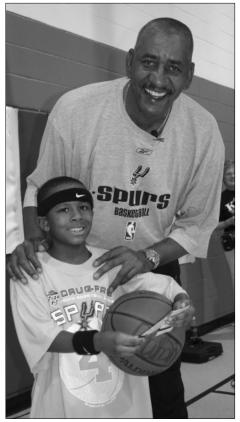
Brooks youth hoop star DeWayne Parks teamed with San Antonio Spurs legend and NBA Hall of Famer George "Iceman" Gervin to win the Kids Sports Network's 2-Ball competition March 1. The youngster is the first Brooks youth athlete to win this annual competition.

Parks, a guard for the Brooks Eagles 11-12 year-old team, was one of 120 Brooks youth athletes who competed along with hundreds of other players from throughout Bexar County in this Pizza Hut-San Antonio Spurs drug-free basketball league event. He combined with Gervin to score 61 points to beat teams composed of kids and adult coaches at the Rameriz Community Center.

"They picked the most difficult positions on the court to score the maximum number of points," said Staff Sgt. Kimberly Parks, Missions Support Group NCOIC of the commander's support staff and mother of the nine-year-old hoop star.

She said in 2-Ball, participants shoot as many baskets in one minute from five positions on the court. Each position has a point value that matches its specific degree of difficulty. The eight-point shot is the most difficult position in 2-Ball, equivalent to a regulation basketball game's three-point shot.

"Gervin took the eight-point shot and my son took the seven-point shot, which (actually) is a two-point shot," Sergeant



Courtesy photo

Brooks youth DeWayne Parks teamed with NBA legend George "Iceman" Gervin to win the Spurs community basketball event. Parks is the first Brook athlete to win the annual competition.

Parks said.

She said she was not surprised that her son did well, noting that he has been playing basketball in the Brooks Youth League for the last three years.

The Brooks youngster earned the grand prize for winning the contest: four Spurs game tickets and an autographed photo from Gervin.

## **Brooks seeks Career Day volunteers**

To volunteer

for the 2006 Aerospace

Career Day, contact

Senior Master Sqt.

Neal Ada at 536-8583

By John Chattaway

311th Human Systems Wing Public Affairs

The 2006 Brooks Aerospace Career Day is coming up May 2-4 and volunteers are desperately needed for the base wide event.

Aerospace Career Day is a three-day event that brings more than 2,000 high

cal San Antonio high schools as well as districts in the surrounding communities.

Over the course of one day, students will learn all about the im-

portance of science and technology in various Air Force careers. They will take a virtual tour of some of the important missions conducted here such as the centrifuge, altitude chamber and EMEDS (Emergency Medical Support).

Amy Ross, a National Aeronautics and Space Administration spacesuit designer, is scheduled to speak to students at Hangar 9. She is expected to bring a spacesuit of her design with her.

At the end of the day, Dr. Eric Holwitt will perform his highly entertaining and educational "Chemistry Magic Show,"

which has been the highlight of past Career Days. The Aerospace Career Day planning team is finalizing plans for a special presentation to kick off the event each day.

Volunteers are especially needed to escort buses around base throughout the day. Each bus will need at least one escort to take students from the gym, where

the day starts, to Hangar 9 where they will eat lunch and hear from Ms. Ross, and then back to the gym to wrap the day up. This is a great opportunity for Brooks military and civilian per-

sonnel to speak with eager young men and women about what the Air Force has to offer and to share their personal experiences

Besides sharing the aerospace medicine missions, Aerospace Career Day promotes science and technology and encourages students to pursue careers in high-tech fields, whether in the Air Force or the civilian work place.

People who would like to volunteer or obtain more information should contact Senior Master Sgt. Neal Ada at 536-8583 or e-mail neal.ada@brooks.af.mil.

## 'Phishing' scam targets TSP participants

The AFMC Orientation Course

has been adopted as the Air

Force model and an imple-

mentation plan is being de-

**Barbara Westgate** 

Executive Director, AFMC

By Samantha Quigley

American Forces Press Service

Participants, as well as some non-participants, in the Thrift Savings Plan are targets of a "phishing" scam, an official with the board administering the program said today.

Tom Trabucco, director of external affairs for the Federal Retirement Thrift Investment Board, said phishing is an "attempt to get recipients of the unsolicited e-mail to compromise themselves by giving up their personal financial information."

Thrift Savings Plan administrators would never request personal or financial information via e-mail, Mr. Trabucco said.

"Do not respond to unsolicited email, and never give out information of a personal nature (through) unsolicited emails," he said.

veloped.

The Federal Retirement Thrift Investment Board alerted Thrift Savings Plan coordinators to the scam in a March 17 memo, the day after the scam was discovered. The memo described it as an unsolicited e-mail with a link to a bogus Web site appearing to be the thrift plan's account-access site.

The bogus site asks for a recipient's social security and Thrift Savings Plan personal identification numbers. Entering this information takes the user to another screen where they are asked for finan-

cial information, including a credit card number, he said, adding that this information can be used to steal an individual's identity.

As long as participants have not responded to this scam e-mail, their accounts have not been compromised, investment board officials wrote in the memo. Those who did respond should contact their financial institutions immediately for guidance. They should also call the Thrift Savings Plan at (877) 968-3778 and ask to have their account access blocked, according to the memo.

Phishing e-mails generally appear to be from a business or organization the recipient may deal with, according to a Federal Trade Commission Consumer Alert issued in June 2005. It may request

that the recipient update, validate or confirm account information, the alert said.

Participants are encouraged not to attempt to access their accounts by clicking links offered in any e-mail, according to the memo. Only by opening a new Internet browser and typing the Thrift Savings Plan's Web site into the address field can a participant be sure of accessing the authentic thrift plan Web site.

The thrift plan is a retirement savings plan for 3.6 million federal civilians and servicemembers, Mr. Trabucco said. Officials don't know how many plan participants the scam has affected, but the FBI is investigating.

### AFMC set to host enlisted awards banquet

By Kathleen Lopez

Air Force Materiel Command PA

The stripes will shine clear and bright deep in the heart of Ohio Thursday, and several individuals from the Brooks enlisted force will be on hand.

The Air Force Materiel Command will salute its top enlisted Airmen during the command's 2006 Annual Awards

Banquet at the National Museum of the U.S. Air Force in Dayton, Ohio.

"This is a superb opportunity to recognize the yearlong efforts of our best and brightest Airmen, noncommissioned officers, senior NCOs and first sergeants from

throughout AFMC," said Chief Master Sgt. Jonathan Hake, the command chief master sergeant for AFMC. "It also will identify the 'top four' (category winners) who will go on to represent AFMC in the United States Air Force Twelve Outstanding Airmen of the Year and First Sergeant of the Year competitions later in the year."

Three Brooks Airmen have been nominated for an award: Master Sgt. Michael Middleton of the U.S. School of Aerospace Medicine in the senior noncommisioned officer category, Master Sgt. Darrell Smith of USAFSAM in the first sergeants category and Staff Sgt. Jesus Lopez of USAFSAM, who is nominated for the Airman of the Year award.

The theme of the banquet is "Inspired Airmen Achieving Excellence." A team

of 15 committee members, led by Master Sgt. Dennis Douglas, banquet committee project officer, came up with the idea, as well as all other aspects of the evening, which will include a performance by the Air Force Band of Flight.

"We wanted to capture the essence of AFMC enlisted Airmen," said Sergeant Douglas, who also is the AFMC command chief executive assistant. "As

America's warriors, our Airmen face many challenges - physical, social, emotional, spiritual - and yet, their integ-

rity and commitment to excellence continues to soar.
This theme perfectly captures their devotion to duty."
The banquet coincides with the

spring AFMC Commanders' conference. Thus, commanders and directors from AFMC's centers, labs, wings, groups and squadrons will be present to cheer on their nominees.

While nearly 300 people attended last year's event, Sergeant Douglas said the banquet committee members hope to have many more attend this year.

The event begins with social hour at 6 p.m. Dinner will be served at 7 p.m. The awards ceremony will start at 8:30 p.m. Cost is \$32 for club members, \$34 for non-club members. Military dress is the mess dress or semi-formal uniform. For civilians, gentlemen are requested to be in a business suit, ladies an 'after-five' or cocktail dress. For questions, call 937-257-2723.



# A LOOK at BROOKS

Who is the most influential woman in history?



Caroline Mora AFOPO

Frida Kahlo. Due to her ethnicity, she went through a lot and overcame many obstacles. In the end she was a success; she is a good leader and role model for the Hispanic and Latin American Culture.



Senior Airman Charles Prowell 59th MDS

Mother Theresa. She was well known for peace efforts and helping people in poverty.



Staff Sgt. Kimberly Zanders AFIOH

Catherine Jackson because through all of the rumors and negative publicity, she has been able to stay behind the limelight and out of the public eye.



Airman 1st Class Cordrick Williams 68th IOS

Rosa Parks. She was so courageous, and it took a lot of courage to so something when everyone else was against her and telling her not to sit at the front of the bus.



Janielle Fameree USAFSAM

Astronauts Dr. Mae Jemison and Dr. Sally Ride. They saw and took the opportunity to pursue their dreams, make a statement, and continue to live their lives filled with the experience of accomplishment.

Aneira

REI Success

TLC

Ken Batchelor

## AF doctor finishes Iditarod with flourish

By Tech. Sgt. Keith Brown

3rd Communications Squadron

After finishing last year's Iditarod Sled Dog Race, Maj. (Dr) Thomas Knolmayer said it would be his one and only running of the 1,150 mile race across Alaska's wilderness. But. anyone who knows the 38-yearold surgeon stationed at Elmendorf Air Force Base. Alaska, knew better.

After getting the blessing from his wife, Tina, the major threw his name in the hat to compete in the 2006 race.

"I still had all the dogs and they can't just sit around doing nothing," he said, referring to his kennel of 21 Alaskan Huskies.

After a good training season of running the sled dogs for three to four hours, four to five nights a week, Doctor Knolmayer felt good about the team this year.

"The dogs are running strong and I have a lot more experience going into this year's race," Doctor Knolmayer said. He was also fortunate to have a co-worker, Lt. Col. Michelle Prevost, running half his team with him after work, cutting his training time in half.

Having one of his strongest dogs healthy this year also helped. Last year, Tomahawk, a 7-year-old lead dog, was injured two weeks before the Iditarod and had to sit out, but this year he was raring to go.

With an upcoming assignment and having to leave Alaska, Doctor Knolmayer said he knew this would be his last Iditarod. That made this year's race just that much more special.

That wasn't the only thing that made it special. This year he ran

with a bigger purpose — a 10year-old girl with cancer was cheering him on.

Katie Powell, the daughter of Senior Master Sgt. Chris Powell, a KC-10 Extender boom operator at Travis Air Force Base, Calif., has Ewing's Sarcoma, a bone cancer. Through the generosity of several units at Travis, she fulfilled her dream of meeting an Iditarod musher and riding on the sled. She was also the major's personal guest at the start of this year's Iditarod after riding with him during his last training run.

"The sled ride was great," Katie said. "It lasted a long time, but seemed like it was only a few minutes."

The race is a mental and physical challenge. The mushers face sleep deprivation and have to spend a large amount of time caring for the dogs.

"When I stop at a checkpoint for several hours, I may get 45 minutes of sleep after spending several hours taking care of the dogs" Doctor Knolmayer said. "If we stop twice a day that ends up being two 45-minute naps."

Besides the lack of sleep, extreme weather also takes its toll when the teams face temperatures as warm as 40 degrees and as cold as 45 below zero. The warmer temperatures are hard on the dogs and can reduce a dog's ability to pull long distances, to sitting during daylight hours waiting for the cooler temperatures of the dark Alaska night.

Alaskan Huskies have the almost unbelievable ability to withstand temperatures of 45 degrees below zero for days on end with little affect. Doctor

Knolmayer was also thrilled when the temperatures were well below zero.

"It's much easier on the team. They feel great and just want to keep going," he said.

Trail hazards also make the race a challenge. Stumps in the trail and sharp turns can send a musher into the trees; being on ice in high winds is also a risk.

"At one point, the wind was sending the sled and the dogs sideways across the ice. All I could do was crawl on my hands and knees trying to get control of the sled and team," the doctor said.

Even with all the challenges of the Iditarod trail, Doctor Knolmayer set his goals high and found a way to succeed. After finishing the race last year with a respectable time of 13 days and 22 hours, he knew he could lead his team to a better finish this year.

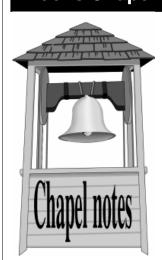
So, as usual, Doctor Knolmayer set what seemed to be a goal impossible to meet: finish the race in less than 12 days. Waiting in Nome, his wife and the rest of his supporters tracked his progress online and estimated a Friday finish around 4 p.m., a finish that would be two hours short of his goal.

Doctor Knolmayer crossed the finish line at 1:10 pm., meeting his goal of a finish under 12 days by just one hour. It was a finish that was 47 hours better than last year.



Maj. (Dr.) Thomas Knolmayer and his dog team head to the finish line of the 2006 Iditarod Sled Dog Race in Nome, Alaska. Doctor Knolmayer finished the 1,150-mile race across Alaska in 11 days, 22 hours and 13 minutes. It was 47 hours faster than his time last year.

#### Brooks Chapel — Holy Week schedule



**Catholic** 

March 30, April 6 - Stations of the Cross

April 13 - Holy Thursday Service - 4:30

April 14 – Good Friday Service – 11:30

April 16 - Easter Sunday Mass - 9 a.m.

#### **Protestant**

April 16 - Sunrise service followed by breakfast - 7:30 a.m.

April 16 - Easter Sunday Traditional Service - 10:30 a.m.

April 16 – Easter Sunday Contemporary

Service - 5 p.m.

For more info, call 536-3824

#### **Ecumenical**

April 14 - Showing of "The Passion of the Christ" - 6 p.m.

Disrud

Highland **Dentist** 

**Efron** 

List 4 Less

WOAI Weather



## Dining Heading

Alamo Draft House 1 x 8 Bennigans

Saritas

V is for Vengeance

Mr. Gattis

Santikos 3 x 6

Mr Gattis





**SHANNON** 



#### **FULL NAME:**

Geraldine Alexander Shannon

**DUTY TITLE, ORGANIZATION:**Contract Administrator- PKV-ACW

## IN SIMPLE TERMS, WHAT DO YOU DO?:

I fill "request to extend" task orders based on the approval of contracting officer representatives

#### **BIRTHDAY:**

Aug. 29, 1945

#### **HOMETOWN:**

Born in Luling, Texas, but reared in San Antonio from the age of six

#### FAMILY STATUS:

Divorced, Two children, five grandchildren (all girls)

#### NICKNAME:

Gerri

#### PERSONAL MOTTO:

"Do my best in all that God has assigned me to do and let God do the rest."

#### **INSPIRATIONS:**

Studying the Bible daily, attending Wednesday night Bible study and church services on Sundays and listening to the dynamic messages that my Pastor brings to us to help teach my grandchildren the way that God would have us go. My pastor is not real big in stature, but he is a medium piece of leather that is well put together by God.

## I JOINED THE CIVIL SERVICE BECAUSE:

My previous job was government funded and we only had funds for one more year, so I started applying for civil service positions

#### HOBBIES:

Music, singing, playing the piano, karate

#### **FIVE-YEAR GOAL:**

To be debt free

#### **ULTIMATE GOAL:**

Finish my college degree and get promoted on my job. I am also working to get my home the way I want it and help my grandchildren with a good education

Fighting life's battles with God by her side

By Kendahl Johnson

Discovery editor

A person's character is often built by life's situations and the ability to deal with difficult circumstances. One Brooks City-Base employee has dealt with a heart-breaking tragedy yet remains upbeat and optimistic in life, work and the relationship with her granddaughter.

Geraldine Shannon, a contract administrator for the 311th Human Systems Wing, stays positive despite suffering a tragic loss five years ago, when her 34-year-old daughter passed away. "It's still hard. I continue to pray and ask God to give me the strength to endure it," Ms. Shannon said.

Her daughter left behind a daughter, who was just four years old. Ms. Shannon has been raising that granddaughter on her own ever since. She said it is her faith in God that has helped her through the tough times.

Born in Luling, Texas, and raised in San Antonio, she comes from a very religious family. Her mother's father and brother were both ministers, and her mother helped instill in her Christian values at an early age. "Without God, you just can't make it through those tough times. But knowing He is with me gives me determination that I can get through anything and persevere," she said.

Her goal is to instill in her granddaughter a love of God and teach her right from wrong so she doesn't follow the same path as her daughter. "My daughter started running with the wrong crowd and ultimately it led to her death. I want a better life for my granddaughter."

She said one of the most important things she is trying to teach her grand-daughter is respect. "Kids today don't respect others like they should. I am trying to instill that in my granddaughter while she is young." She is also employing a simple strategy – keep her so busy she won't have time to get in trouble. "I keep her very involved. She is in music, choir, Bible study, you name it." She also has her learning karate, a self-defense tool that she thinks everyone should know."

Raising a young daughter at age 60 isn't easy and Ms. Shannon is doing it

alone – she and her husband divorced when their children were young. She said her 38-year-old son helps when he can, but he is raising three daughters of his own. So the responsibility is hers alone, a burden that many might find overwhelming, but one she accepts with optimism and energy.

"I take it one day at a time and rely on God to help me persevere," she said. "I love my granddaughter. She is a blessing in my life and I hope I can be a blessing in hers, too."

She looks to other African-American women as examples of strength, including Oprah Winfrey and Mia Angelo, who overcame a hard life to become a successful poet. "Her mother died when she was young and she had other struggles, but she was determined. She didn't let those hardships and trials stop her from progressing," Ms. Shannon said.

Ms. Shannon's professional career began in 1981, when she was hired to work in data entry at Kelly Air Force Base. After eight months, she transferred to Brooks Air Force Base and has been here ever since – celebrating her 25th anniversary this month.

In her 25 years at Brooks, she has bounced around to numerous positions, mostly in administration. "I've done everything from the cradle to the grave," she said. At one job, she provided administrative support for the pilots that would come to Brooks and need physicals. "I spent all day looking at microfiche. It's where these glasses came from," she said, holding up her bifocals. But peering at microfiche all day hasn't been her biggest work challenge. It was weathering a tough working environment.

"We had offices in a little trailer. The insulation was poor and there was no air conditioning," Ms. Shannon said. "We'd roast in the summer and freeze to death

in the winter." Eventually, she would move to a bigger building – with air conditioning – and in 1994 she made home in Bldg. 532 where she sat in the same cubicle for 11 years. (She recently moved to her current location in Bldg. 802.)

If she could offer any advice to young women starting their civilian careers, it would be in the area of education. "If you don't have your education, get it. You'll never advance professionally without it," Ms. Shannon said. She said she is a GS-7 and has been trying to move up since 1991, but her lack of an advanced degree has kept her from promoting. "Pursue your education or you will stand still. I have watched many people come and leave while I am stuck at the same level. I feel like I am on a merry-go-round and can't get off or spinning in a whirlpool with no way of getting out."

When she was first married, her husband didn't want her going to school. "I guess he was worried I'd be smarter than him." After they divorced, she enrolled in Southwest Texas State University in San Marcos. Over the years, she took numerous college courses, and currently has 159 credit hours. She just doesn't have a degree.

"I changed my major a lot. Now, I am missing one class – algebra. I didn't plan very well. At the time, I was studying to be a cosmetologist and didn't need algebra." Ms. Shannon is currently taking Sylva Learning classes on the weekends to help her understand algebra and expects to finish that last class within the year.

She hopes her degree will help her advance professionally. But even without it, she has already earned an education from the school of hard knocks. And so she is prepared to take on any challenges that might be thrown her way – with energy, optimism and above all, with God by her side







## Cambodian relief mission heals wounds for former refugee



Lt. Col. (Dr.) Sarady Tan, a physician for the U.S. School of Aerospace Medicine, examines a Buddhist monk during a recent humanitarian relief mission to Cambodian. The mission was personal for the physician, as he is a survivor of Cambodia's killing fields.

**By Rudy Purificato** 

311th Human Systems Wing

As a survivor of Cambodia's "killing fields," a former refugee-turned-U.S. Air Force doctor has come to fully appreciate the meaning of the old saying "time heals all wounds." For in looking back on the dark days of the Communist Khmer Rouge's 1975 blood purge that claimed the lives of his family and that of nearly two million Cambodians, Lt. Col. (Dr.) Sarady Tan embraces hope without harboring bitterness or hatred.

Providing hope to people in need was the focus of a very personal mission to Cambodia for this U.S. Air Force School of Aerospace Medicine Residency in Aerospace Medicine physician. By returning to his homeland supporting a humanitarian mission there, Colonel Tan not only helped heal the wounds of his people, but also contributed to his own inner healing. In so doing, his medical contributions provided wel-

comed relief to the descendents of victims that his father, and others with military resources, could not help during the genocidal regime of Khmer Rouge dictator Pol Pot.

"I can't do anything about what happened (in the past), but I can learn from it," Colonel Tan said.

What he has learned since his days as a Cambodian refugee is to not judge the actions of others, but to act on one's own good judgment to help those in need. A naturalized U.S. citizen by age 14, Colonel Tan joined the Air Force in 1995 not knowing his medical skills would be later used to help heal his former countrymen.

"The main purpose of this mission was to provide public health education (supporting) food and water sanitation, dental hygiene and infectious disease (prevention), primary care, cataract/pterygeum surgery and dental care to Cambodians in remote areas," Colonel Tan said.

The only stateside Air Force medical professional to participate, he was part of a medical team that supported the Cambodia Humanitarian Assistance Mission conducted Jan.6-Feb.16, 2006. The operation involved Air Force, Army and Navy assets supported by the U.S. Embassy, U.S. Agency for International Development, Cambodia's Ministry of Health and local non-governmental

agencies.

Cambodians Colonel Tan treated suffered from a variety of medical conditions prevalent among indigenous tribal people living in impoverished regions of this ancient land. "I think the challenge was to provide as much (medical) services to fulfill an enduring need," said Colonel Tan who treated 50-70 people a day in remote villages. He was the only primary care provider on the medical team trained in family practice medicine.

"It was exhausting (work)," he said of the patient load that often overwhelmed the team's resources. "By the eighth day, we ran out of medications."

Colonel Tan medically evaluated patients suffering from tropical diseases, malnutrition and infectious wounds. He also conducted public health education classes at local schools to help younger generations of Cambodians survive the challenge of living in a country trying to recover from decades of war and poverty. The teeming throngs of humanity seeking medical attention triggered in him childhood memories of the ancestors of

these patients who were among the countless victims killed by a murderous regime.

"I was nine years old when the Khmer Rouge came to power. Phnom Penh (the capital) fell the day before we left (the country). We were on vacation when it happened," he said. His father Nady was a Royal Cambodian Air Force wing commander when the country fell to the communists on April 17, 1975.

The ordeal that his family endured seared into Colonel Tan's psyche the will to prevail over any adversity. He also learned from his fighter pilot father what true courage and character is all about. "I have a desire to serve my country and learn to use the leadership things that dad had acquired over the years," he said.

His father's leadership was put to the ultimate test when he was forced to make a life-anddeath decision with respect to his family.

"He was faced with a choice between saving his family and his officers (under his command), Colonel Tan recalls. The pilots at the base his father commanded were prevented from flying their fixed wing aircraft to Thailand by maintenance workers loyal to the Khmer Rouge. Colonel Tan said his father feared that these Khmer Rouge sympathizers had sabotaged the grounded aircraft, except for one helicopter that originally had been reserved for his family's escape.

"There was room on the helicopter for 11 people," Colonel Tan said. Knowing that the Khmer Rouge would kill them, Nady Tan decided to rescue his officers and leave behind most of his family. Only himself, his mother and a younger brother and sister escaped aboard the helicopter. "I lost all four of my grandparents," said Colonel Tan, referring to their murders. The Khmer Rouge spared no one. Their reign of terror included the mass extermination of Cambodia's population. At the top if their hit list, Colonel Tan noted, were military officers and their dependents. His two older brothers were left behind. They eventually escaped to Thailand.

"My father showed a lot of great leadership and character," said Colonel Tan. While the loss of family members and that of countless innocent lives was tragic, he believes the global medical community has a responsibility to care for people victimized by war, poverty and disease.

The Cambodia mission also provided an invaluable training opportunity for Department of Defense medical professionals. Col. John Cinco, International Health Affairs division chief for Headquarters, Pacific Air Force, said, "They achieved the primary objective of wartime medical skills training in dental care, medical care and ophthalmology surgical care in an austere environment. They provided medical care for over 2,200, dental care to 1,365, restored eyesight to 185 patients and provided public health education to 3,300 Cambodians."





Lt. Col. (Dr.) Sarady Tan spent more than a month in Cambodia providing medical care to hundreds, including this tribeswoman.

humanitarian relief effort, Lt. Col. (Dr.) Sarady Tan performed minor surgery on several Cambodian's in need.



## Putting an end to unwanted phone, email solicitations

By Capt. Nicholaus Doukas

Brooks Legal Office

The average person receives several "prescreened" or "pre-approved" credit card or insurance offers every week. They also might get annoying phone calls from telemarketers that always seem to come right in the middle of dinner. With minimal effort, the volume of unwanted mail and phone calls can drastically be reduced.

Many insurance and credit card companies use "prescreened" or "pre-approved" offers to advertise to and get business from qualified customers. These companies either buy lists of customers meeting their criteria from the credit reporting agencies or submit a list names to the agencies and ask if those individuals meet their criteria. The result is the same — personal contact information is sold and consumers receive an endless stream of unsolicited "pre-approved" credit card offers.

Consumers can opt out of receiving these offers for five years or permanently. Simply call 1-888-5-OPTOUT-1 or go to www.optoutprescreen.com. The telephone number and website are operated by the major credit reporting agencies. Regardless of the method, you will be asked to provide certain identifying information such as your name, home telephone number, Social Security number and date of birth. This information is kept

confidential. Those with joint credit relationships, such as co-signing a mortgage with a spouse, prescreened solicitations may continue to arrive until both parties exercise opt-out rights.

Merely opting out of receiving "prescreened" or "pre-approved" offers will not end mail solicitations. Another organization, the Direct Marketing Association, a trade association for businesses in direct, database and interactive global marketing, maintains a Mail Preference Service that lets consumers opt out of receiving direct mail marketing from many national companies for five years. However, registering with DMA will not stop mailings from any organizations that are not registered with the DMA's Mail Preference Service.

To register with DMA, visit www.the-dma.org/consumers/offmailinglist.html or send a letter to: Direct Marketing Association, Mail Preference Service, P.O. Box 643, Carmel, NY 10512.

The DMA also has an Email Preference Service to help you reduce unsolicited commercial emails. To opt-out of receiving unsolicited commercial email from DMA members, visit www.dmaconsumer of members, visit www.dmaconsumer.

In addition to unwanted mailings and emails, advertisers rely on telemarketing to reach consumers at home. To combat this problem, the federal government created the National Do Not Call Registry — a free, easy way to reduce telemarketing calls at home. To register your phone number or to get information about the registry, visit www.donotcall.gov or call 1-888-382-1222 from the phone number you want to register. The num-

ber will stay on the registry for five years, until it is disconnected or until it is removed from the registry. After five years, the consumer can renew the registration.

If you have experienced consumer abuse or fraud, contact the Brooks Legal Office at 536-3301.

#### ONE ESPRESSO, PLEASE



Photo by Tech. Sgt. Alfonso Ramirez Jr.

Stephanie Ross (right), employee at the newly opened Cup-A-Joe's Coffee House, helps the shop's first customer, Col. Georgette Hassler (left), commander of the 311th Mission Support Group. Dozens of customers attended the March 13 ribbon cutting ceremony at the Coffee House, which is located at Sidney's (Bldg. 714). The shop is open Monday through Friday from 6 a.m. to 1 p.m. and 4 to 6 p.m. and Saturday from 8 to 11 a.m.



## **New course benefits** civilians professionally

#### Command targets section taught in a classroom, Ms. need for training similar to active-duty orientation

By Capt. Paul Baldwin

Air Force Materiel Command PA

Many Air Force Materiel Command civilians are showing their interest in professional development by completing the new orientation course unveiled March 3 by the command's executive director.

At a little more than two weeks since its debut, nearly 300 AFMC employees and senior leaders had completed either the four online modules of the AFMC Orientation Course or the executive summary version, said Ms. Sherre Collier, chief of Professional Development in the headquarters Personnel Directorate.

"Our military colleagues have always had this experience in Basic Military Training or commissioning sources, but our civilian hires were left on their own to learn as they went," said Mrs. Barbara Westgate, AFMC executive director, when she introduced the course in a March 3 video teleconference. "Now, our civilian work force has this same opportunity."

The course is significant for AFMC because its work force is nearly 70 percent Air Force civilians.

As civilians continue to access the online portion of the course, AFMC is holding "train the trainer" sessions through April for the Air Force Core Values module, the only

Collier said.

"Bases should be prepared to launch the [Air Force Core Values module] shortly thereafter," she said.

The online portions of the course are available for registration through the Air Force Portal and the Knowledge Now Web sites.

Together, the five modules make up the initial segment of the course, or Spiral 1. The modules are Air Force Heritage and Today, AFMC Heritage and Today, Air Force Customs and Courtesies, Air Force Core Values and Air Force Core Competencies. The course takes about eight hours to complete, including the classroom portion, Mrs. Westgate said.

Several other commands have requested information about the course. "The AFMC Orientation Course has been adopted as the Air Force model and an implementation plan is being developed," Mrs. Westgate said.

Civilians will be awarded the new Air Force civilian pin upon completion of the first five modules of the course. The pin is about the size of a nickel, pewter in color, and is dominated by the Air Force symbol. It recognizes the pride and dedication in civil service and a commitment to civilian professional development, Ms. Collier said.

Spiral 2 of the course should begin development in April, with testing and delivery scheduled for October 2006, Mrs. Westgate said. Spiral 2 consists of an additional three modules: Force Development, Workforce Health, Safety and Security, and Personnel Administration. .





## Hoop team prepares for SWMBL tourney



Photo by Rudy Purificato

Damion Byrd, head coach of the Brooks varsity basketball team, goes over strategy with his team. The squad has dramatically improved, giving them confidence heading into the postseason tournament. The tournament begins Thursday.

#### By Rudy Purificato

311th Human Systems Wing

The Brooks men's varsity basketball team plans to solidify its hold on third place in the Southwest Military Basketball League before co-hosting the post-season double elimination tournament that begins Thursday.

Randolph AFB, winners of last year's tournament, is the event's primary host. Brooks is co-hosting the tourney, as the secondary venue, for the second consecutive year. Eleven teams will compete, with the championship game scheduled for April 2 at Randolph AFB.

"We'll play our first game here on March 30 at either 2 p.m. or 4 p.m. We don't yet know who our opponent will be," said Brooks head coach Damion Byrd. The playoff matchups will be made after the regular season concludes. Brooks, 12-18 overall and 7-9 in league play, is currently in third place behind league leader Lackland AFB (14-4) and Dyess AFB (12-6).

The playoff seedings will be based on regular season records of teams in the league's two divisions. Brooks is part of the South Division along with Lackland, Dyess, Goodfellow and Laughlin AFBs and Fort Sam Houston. The North Division includes Fort Sill and Altus, Tinker, Little Rock and Sheppard AFBs.

"Last year, we finished fifth in the league," Byrd said. Brooks was winless in the tournament. That could change this year if the team continues to show progress.

"In past years we've had more talent, but today we're a better basketball team because of playing consistency and how the team has developed," Byrd said.

Player development has taken three years. Recent action on the court suggests that Brooks may finally be ready to claim victory on a regular basis.

In a Feb.16 non-league game, Brooks beat St. Philip's College 84-83. "It's the first time we played them. We pretty much had control of the game," says Byrd. A less seasoned club in years past would have folded after having lost control of the contest in the second half.

While not everything is rosy for Brooks, the team's lesser known players have stepped up their level of play to make significant contributions. "I'm definitely proud of the entire team," says Byrd, crediting them for taking their play to a higher level. He cited center Laderis Harper for his improved play in the post as a defensive force.

Also contributing to the team's improvement has been reserve guards Anthony Tillman and Demetrius Stewart. Another improved bench player who has played a pivotal role is reserve center Reginald Hardin. "Early in the season I was hesitant to use him as a substitution in the post. Now I have no fear of sending him in to give Harper some time to rest," Byrd said.

The bench has performed a yeoman's job of spelling the starters, especially with Brooks relying on their fast break style of play. "We play a fast-paced game that requires our bench to sustain it," the coach said. He believes his team has the stamina and savvy to be a playoff contender.

## Brooks volleyball prepares for intramural season

**By Rudy Purificato** 

311th Human Systems Wing

The defending 2005 intramural league volleyball champion Human Systems Group isn't making any excuses for last year's base title game collapse, partly caused by some unfortunate circumstances. Knowing that they can't change what happened in the past, the team is focused on repeating as league champs and, perhaps, attaining their ultimate goal of winning a base championship.

"We have a better team this year. Most of the players have returned," said player-coach Ben Smith. Smith guided the team to a league title, only to have his squad lose the base championship game to the Air Force Institute for Operational Health in straight sets 21-7 and 21-17.

Making matters worse, the coach did not see his team lose because of being TDY. His wife Amy, one of the team's top players, also missed the title game due to a dislocated shoulder suffered in an automobile accident.

Smith is optimistic about the 2006 season which began March 14 and concludes April 18. "We have some strong hitters in Steve Dawson and Steve Yelverton," the coach said of his returning veterans. Also returning is the team's other husband-wife tandem, Scott and Melissa Woehl, and the squad's former coach Whitney Ponzola who is among the team's best setters. Smith's wife, a top setter as well and former All-Intramurals athlete at the University of Nebraska, has completely healed from last year's season-ending injury.

"We've also added Anthony Tillman," says Smith, referring to an athlete who has established a sports reputation here for being a 'difference maker.' Tillman led HSG to last year's intramural flag football championship, and has demonstrated his athletic ability while playing as the starting point guard for the base varsity basketball team. Also expected to return are veterans Luis Quintana and Bill Hall.

HSG is one of seven teams competing this season in a single round robin format that features a much shorter schedule. "Teams will play one another only once. Last year we had a double round robin schedule," said Ronnie King, Brooks fitness center specialist in charge of intramural volleyball. The longer season, Mr. King explained, contributed to three of the eight teams disbanding by the time the post season tournament was held in July. This year, the base championship playoffs begin April 25.

Besides HSG, the competition includes the 68th Information Operations Squadron, U.S. Air Force School of Aerospace Medicine, Air Force Research Laboratory, Mission Support Group, AFIOH and the 311th Human Systems Wing. Games, lasting 45 minutes, will be played on Tuesdays and Thursday at 5 p.m. and 6 p.m. at the base gym.

## Brooks softball team begins quest for title

By Rudy Purificato

311th Human Systems Wing

Steady progress over the past few seasons has contributed to a collective sense among players on the Brooks men's varsity softball team that 2006 could very well be their breakout year.

Many veterans from last year's team have returned. That core group is being augmented this season by some new talent. Time will tell if this squad gels into a championship team as it began its 2006 campaign March 9 playing in the San Antonio Parks & Recreation Department city league.

"It's our second year playing in the league. We finished third in this six-team league last season playing .500 ball," said player-coach Jack Connolly from the Air Force Research Laboratory. A few years ago, before Connolly and assistant player-coach Warren Benge took charge, the Brooks varsity squad had played at a level above their capabilities. Playing 'C' ball then, instead of the 'D' level they play today, had a profound effect on the team. While exposed to more experienced clubs, the Brooks squad, nevertheless, felt the sting of defeat more often than not.

Making the shift to the 'D' classification has helped the Brooks team become more competitive. Consequently, the team has responded well, knowing they have a chance to succeed. More importantly, their level of play provides them the venue they need to continue improving.

"We're going to focus on building team confidence and (playing) consistency," says Connolly. The coach admitted that the team is not blessed with a plethora of power hitters. "We're not a home run hitting team. We're a team that gets base hits, hustles and has speed," he says.

Benge, a third year player with the team, said, "We improved last year by six or seven games." He said last year's rookie-dominant team gained valuable playing experience. "We beat Lackland Air Force Base last year for the first time in about six years. That gave us some confidence," Benge recalls.

Brooks did not finish the 2005 season with an overall winning record, but this year could be different with the addition of some new players.

While there are no trades in softball, the Brooks squad acquired a player from another team who potentially could become a star. Darren Dusza joins the team after having previously played for the Schriever AFB varsity squad in Colorado Springs, Colo. This right-handed hurler from the Human Systems Group joins the starting rotation that includes Connolly, another veteran right handed pitcher.

The strength of this year's team, the coaching staff said, is a rebuilt infield anchored by veterans. "Actually, we're going to be deeper in the infield in terms of versatility. Last year we had more outfielders than infielders," Benge said.

Four of the five infield positions feature new faces. They include third

baseman Aaron Bend from HSG, who previously played for the Air Force Academy varsity softball team; rookie second baseman Matthew Ruighaver from the 68th Information Operations Squadron; returning veteran Andy Marlott from the 68th IOS who will play first; and returning veteran Justin Vendola from the U.S. Air Force School of Aerospace Medicine who has switched from third base to catcher.

AFRL's Jim Simonds, who replaced an injured Justin Darwin at shortstop at the end of last season, will man that position again.

The outfield will be patrolled by veterans Justin Murphy from AFIOH in left, AFRL's Benge in right center and AFIOH's Frank Torres in right. AFRL rookie Matt Haeuser will man left centerfield.

Anchoring the squad is a strong bench of veteran reserves: HSG first baseman Steve Yelverton; HSG outfielder Jose Ramirez, who begins his fourth year with the team at EH (Extra Hitter); and AFIOH utilityman Corey Bahl. Rookie reserves include 68th IOS's Brian Braley and AFIOH dependent Matt Johns, both of who are utilitymen.

The only key veteran not returning is star athlete Rob Taylor, previously with AFRL, who has PCSed to Eglin AFB, Fla. Brooks will play a 10-game season that ends May 11. They will also play in the annual Band Aid Tournament scheduled for May 17-21 at Peterson AFB, Colo.